

Groupon Program Descriptions:

14-Day Fat Furnace

The 14-Day Fat Furnace is a 14-day program that helps give people the quick jump-start they need to shed those last few pounds or burn off the first few pounds. Clients will also receive a nutrition plan to help maximize your workout results. The 14-Day Fat Furnace leverages Fit Body Boot Camp®'s unique workout regimen that is the evolution of group and personal training workouts that maximize calorie burn.

6-Week Boot Camp

The 6-Week Boot Camp is for clients who want to experience Fit Body Boot Camp's workouts and achieve more results over a 14 day program. Fit Body Boot Camp designs a unique workout regimen that combines resistance exercises coupled with cardio exercises that maximize calorie burn and creates an "after-burn" effect whereby clients are burning calories hours after their workout. Clients will also receive a nutrition plan to help them maximize their results.

About Fit Body Boot Camp (up to 300 characters)

Launched in May 2009, Fit Body Boot Camp was founded by 2 icons in the health and fitness industry who identified a shift in the personal training industry. Fit Body Boot Camp facilities currently train over 400,000 clients annually and the company has quickly positioned itself as the premiere fitness boot camp in the world. Fit Body Boot Camp's unique workout regimen maximizes calorie burn and answers the question "When is a push-up not just a push-up?"

FAQ's

Q: Does the 14-Day Fat Furnace consists of 14 consecutive days or 14 days of your choosing?

The '14 Day Fat Furnace' is a 14-day program in which you can attend boot camp as many times a day and as many times a week as you would like within those 14 days.

Q: What is the 14 Day Fat Furnace?

The 14-Day Fat Furnace is a 14-day program that helps give people the quick jump start they need to shed those last few pounds or burn off the first few pounds.

Q: What is the difference between the 14 day "fat furnace" and the 6 Week Boot Camp?"

Both are designed to do one thing amazingly well - BURN FAT! We offered two programs because we know that some people need a quick 14-day jump-start and others may prefer 6 weeks. They both will provide you with a nutritional plan to maximize calorie burning and to show results.

Q: Are the session's groups or individual?

The boot camp programs are in groups.

Q: Would you say this is a modifiable routine for someone with arthritis?

The workouts are modified for everyone's fitness level and would definitely work for someone with arthritis!

Q: Can you give me a basic idea of what the workouts consist of and how long they take?

Boot camp focuses on burning the maximum amount of fat and calories through resistance training and high intensity cardio. Through this type of training, the body is put into an after burn, which means your body continues to burn fat throughout the day. Workouts last either 30 minutes or 60 minutes long for each session.

Q: If I start my 6-Week Boot Camp program tomorrow, for example, then I have 6-weeks from that date to finish it, right?

Yes, you are correct. Your 6-weeks start from your first session.

Q: What if you have never done a boot camp before or have not exercised in a long time. Do they allow people to go at their own pace?

Our boot camps are tailored to everyone no matter the fitness level. Exercises and weights can be intensified and increased for the more advanced members or ones that want to be challenged; whereas the same exercises and weights can be decreased depending on the fitness level of the individual.

Q: Can you go to more than one location?

Unfortunately, you cannot attend more than one location, as each location is independently owned and operated. Sorry!

Q: What happens at Fit Body Boot Camp when an instructor does not show?

Fit Body Boot Camp is different! Fit Body Boot Camp trainers are always timely, prompt and courteous. If the circumstance were to arise where the trainer could not show, they always find a replacement.

Q: Is this a male and female training class or female only?

It is both, male and female.

Q: Do you accommodate people with health issues (i.e., back --pinched nerve in leg)?

Exercises and weights can be intensified and increased for the more advanced members or ones that want to be challenged. Where as the same exercises and weights can be decreased depending on the fitness level of the individual. So in other words, yes everyone is accommodated as best as possible.

Q: I would like to buy one for my son/daughter under 18, is there an age limit?

There is no age limit, however it is up to the owner's discretion as to how young each boot camper can be.

Q: If classes are limited to a certain amount of people, are we really going to be able to get the promised unlimited use of the pass, or will we often be turned away due to crowding?

We completely understand how this can be of concern - however this is why we have a scheduling system. The owner has worked out schedules to accommodate current and new clients. After purchasing your Wellness Week promotional deal, you will receive instructions on how to book your first boot camp session. The scheduling system is in order to avoid being turned away or having a cramped workout. We hope this helps you understand the system a little more :-)

Q: Can I purchase the 14-day to jump-start my work out and a 6-week boot camp program to continue?

You can buy more than one and give them as gifts. However, you can only redeem one program per person.